

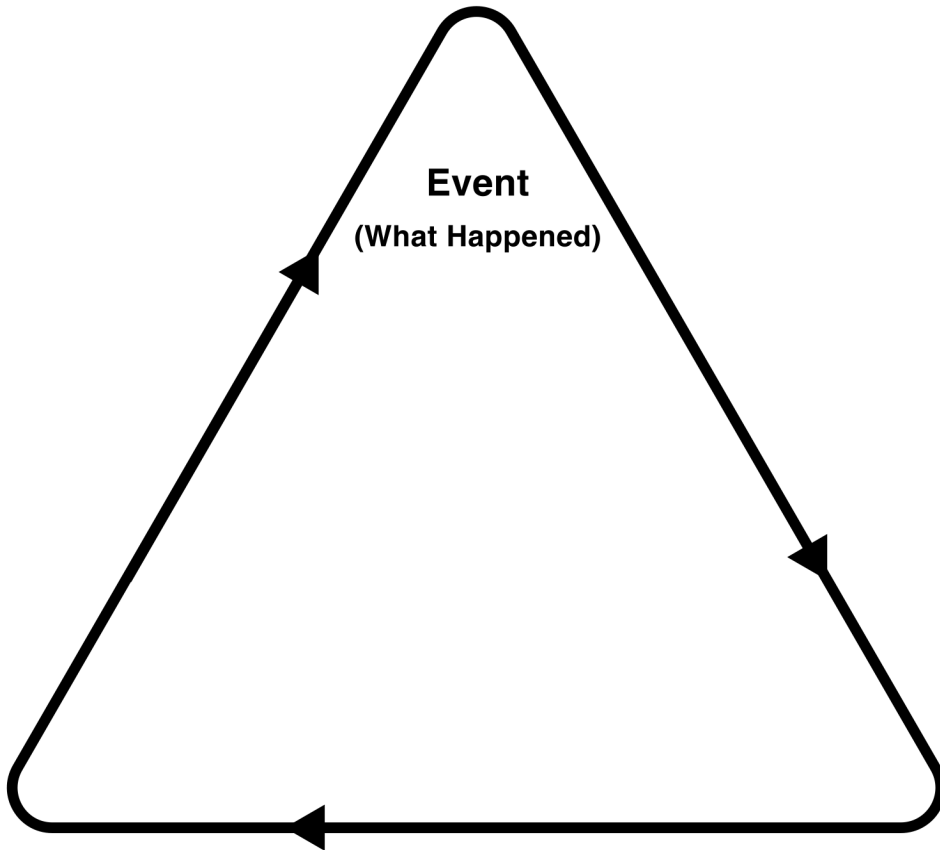
# CBT Triangle Worksheet

Name

Date

**Think**

**Event**  
(What Happened)



**Do**

**Feel**